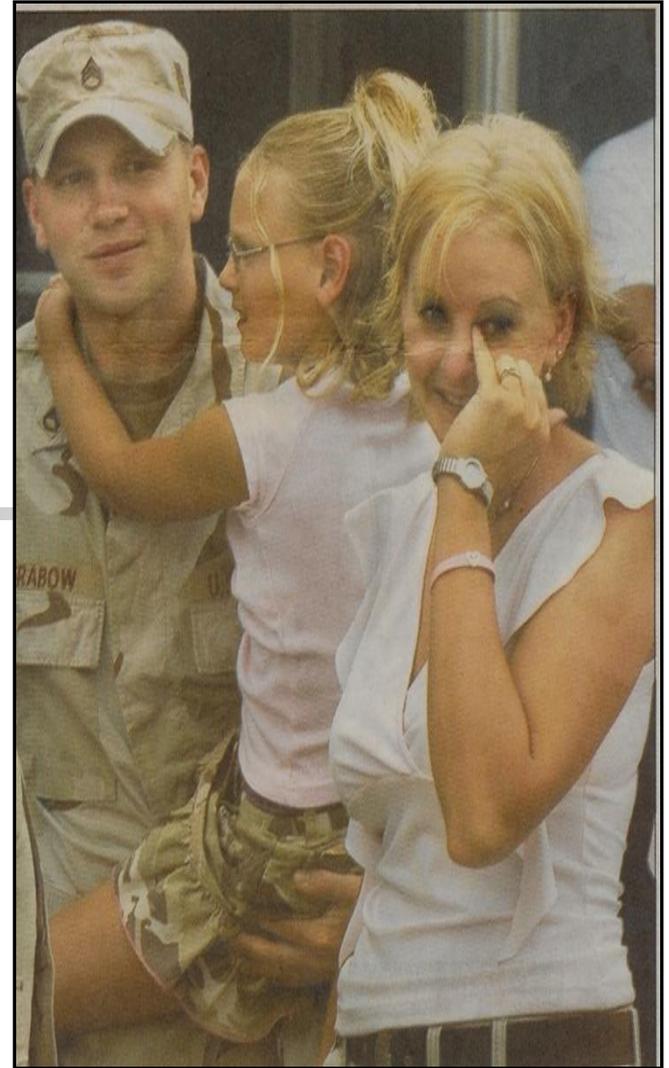


South Dakota National Guard

Family Programs Annual Briefing



"Mission First, Families Always"



Family Readiness Group Lead Volunteer

- My name is _____
 - Phone Number
 - Email:

- This slide and information is optional
- Can change to reflect Unit commander or 1SG – (whoever is doing the brief).



What is Your Unit's Family Program?

- It is the Commander's tool done in partnership with Families for developing strong, self-reliant Families that can withstand the rigors of separation due to deployments, annual training and schools.



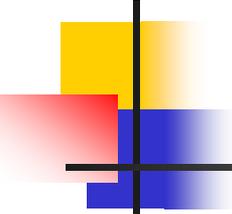
Purpose of the Family Program

- To provide service and Family members **education** and **information** to foster self-reliant, strong and ready Families during both deployment and non deployment.
- **Referral** assistance - Refer Families to organizations and resources and Family Assistance when needed
- Provide **support** for Families
- Improve family **well-being**



What is a Family Readiness Group?

- A Family Readiness Group (FRG) is an organization of service, Family and community members, volunteers, and civilian employers belonging to a unit who TOGETHER provide an avenue of mutual support and assistance.
- The FRG mission: is to assist Commanders in maintaining readiness of service members, Families and communities by promoting self-sufficiency, resiliency and stability during peace and war.



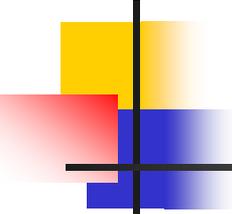
Family Readiness Group Activities during PEACETIME

- Building information networks such as Telephone Trees, email lists
- Getting to know Families
- Educating / informing Families
- Preparing Families for mobilization
- Encouraging Families to do wills, etc
- Providing support
- Referral assistance - Refer Families to organizations/resources and Family Assistance



Family Readiness Group Activities during Mobilization

- Link between deployed unit and Families
 - Dissemination of correct and current information (Rumor Control) (Command fed thro Lead Vol)
 - Unit's status or mission
- Refer Families to organizations/resources and Family Assistance
- Provide support for Families
- Facilitate deployment and redeployment activities with the Unit command



Why belong to your unit's Family Readiness Group?

- Gain information about the military and how it works
- Learn about your service member's unit
- Become informed about connections to resources
- Learn about military benefits available right now
- Get official news from your unit
- Gain mutual emotional & physical support from each other (common bond)
- Be mobilization ready as a Family
- Make new friends
- Have fun



Why belong to your unit's Family Readiness Group?

To be connected, to receive communication.

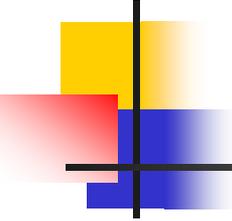
Communication is key for everyone

- Service Member -
Tell your Family what your job is; Explain your unit's mission
- Family Member –
Learn about your Service member's Job; get to know the unit; the Commander and the Family Readiness Group



READINESS – Do it NOW!

- Family Readiness Group Telephone Trees, email lists - current
- Service/Family member contact information current
- Wills/power of attorneys up-to-date
- Joint accounts
- Computer passwords (AKO- www.us.army.mil
Mypay- www.dfas.mil)
- Emergency Data Card updated (DD93) up-to-date
- Correct Information on life insurance (SGLV)
- Locate water shut offs, fuse box, septic systems & financial information
- Family Care Plans
- Business / Job Care Plan



READINESS – Do it NOW!

- Individual Responsibility
 - Keep your Family informed
 - Keep your employer informed
 - Encourage your Family to participate in unit events
 - Inform them of your training dates
 - Share your unit newsletter
 - Include your Family
 - Ensure they understand benefits available
 - Provide them with emergency notification process when at training
 - Do a Family Care Plan with JAG (legal) assistance (if necessary)
 - Business / Job Plan



READINESS – Do it NOW!

- Single Service members
 - Who will make your payments?
 - What will you do with your house/apartment?
 - What will you do with your possessions?
 - Are you in school – what is the school policy regarding military duty?
 - What will you do with your vehicle?
 - What will you do with your pet?
 - Keep your Family informed.
 - Keep your employer informed.



READINESS – Do it NOW!

- Verify DEERS (Defense Eligibility Enrollment Reporting System) Enrollment – KEY to benefits and entitlements for Families listed below:
- ID cards – Do your spouse and children (10 & over) have one ?
 - Many businesses give military discounts with an ID card
- TRICARE – www.triwest.com or 1-888-874-9378
TRICARE Reserve Select (Jan 11 – premiums)
Service Member monthly premium \$53.16
SM and Family monthly premium \$197.76
- SGLI Family Coverage
 - Provides up to maximum of \$100,000 of insurance coverage for spouses, not to exceed the amount of SGLI the insured service member has
 - \$10,000 at no cost for each dependent child
- Allows you to order from Army & Air Force Exchange (AAFES) catalog – www.aafes.com – no sales tax (online)



Benefits Available

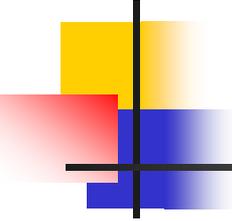
- Military Pay – <https://www.dfas.mil>
- TRICARE Dental www.ucci.com or
1-888-622-2256
 - Administered by United Concordia
 - Enrollment is required for 12 months
 - Single Plan and Family Plan options
 - Payroll deduction / direct billed



Benefits Available

- Armed Forces Recreation Centers
 - Worldwide
 - Cost based on rank
 - www.govarm.com
 - www.afvclub.com
 - www.shadesofgreen.org
 - www.armymwr.com
 - armedforces.com
 - www.military.com
 - www.halekoa.com (1-800-367-6027)
 - <http://www.herosalute.com>

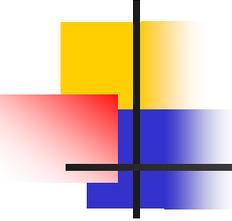
- Commissary
 - Unlimited Access
 - <http://www.commissaries.com>



Benefits Available

- Army & Air Force Exchange (AAFES)
 - Unlimited Access
 - www.aafes.com

- Simple Wills, Power of Attorneys, Family Care Plans
 - Accomplished through state JAG (Judge Advocate General) Office
 - Free of charge



Family Assistance

- What is Family Assistance

Family Assistance provides a focal point of information through Six Essential Services.

- Crisis Intervention and Referral

- Legal Resource and Referral

- Financial Resource and Referral

- TRICARE Resource and Referral

- ID Cards and DEERS

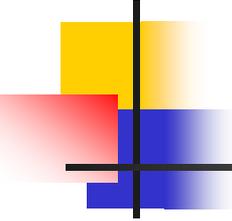
- Community Information and Outreach



Family Assistance

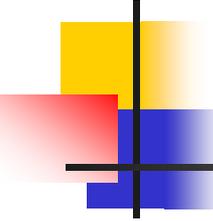
- Family Assistance personnel are the “One Stop Shop” for assistance and referral for families.
- 1-800-658-3930 or michele.m.anderson@us.army.mil
- Services are free and confidential!

How may we ASSIST you?



South Dakota National Guard Youth Program

- Deployment Training
- Reunion Training
- Drug & Alcohol Education / Awareness
- Peer Counseling
- Pen Pal Program
- Operation Military Kids
- Youth & Teen Camps



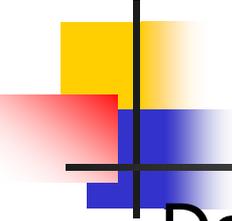
Youth Program - Camps

South Dakota Military Youth Leadership Camp

Dates: ~ 18-22 July, at Camp Bob Marshall near Custer, SD
 ~ For ages 10-13 (age 10 by June 1st)

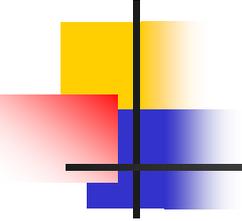
South Dakota Military Teen Camp

Dates: ~ 7-11 June, at SDSU in Brookings, SD
 ~ To be held in conjunction with the annual
 4H Teen Leadership Conference (TLC)
 ~ For ages 14-17 (age 14 by June 1st)



Military & Family Life Consultants (MFLC)

- Department of Defense (DoD) established the Military & Family Life Consultant Program to provide non-medical, short term, problem solving counseling services.
 - Address issues that help Service Members and their Families cope with normal reactions to stress and challenges of military life.
 - Their services are FREE and CONFIDENTIAL.
 - Services are available to service and family members for up to 12 prepaid, face-to-face counseling sessions per issue.



Military & Family Life Consultants

ALSO available to:

Will conduct “Prevention Through Education” Classes at the Unit or Family Readiness Group.

Some topics are:

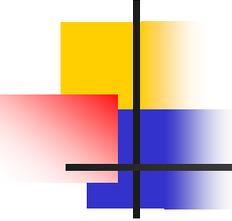
Stress Reduction

Parent Education

Family Dynamics

Child and Youth Education

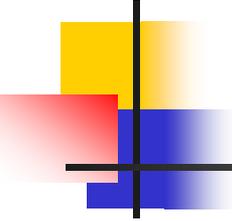
Deployment and Reunion



Military & Family Life Consultants

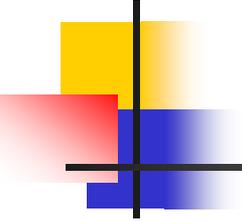
Contact:

- Renee L. Oler
 - Military & Family Life Consultant
 - Rapid City
 - Phone: (605) 393-5953
- Teresa Henrickson
 - Military & Family Life Consultant
 - Yankton
 - Phone: (605) 660-5636
- Michelle Ruesink
 - Child and Youth Behavioral - Military & Family Life Consultant
 - Brookings
 - Phone: (605) 251-1582



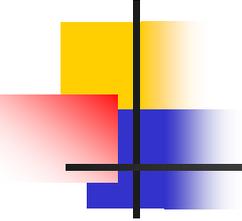
Military One Source

- Military One Source – <http://www.militaryonesource.com>
or call - 800-342-9647
 - All services available at NO COST to you and your Family
 - Newsletters, articles, worksheets available
 - Can help to locate child care, summer camps, mechanics, etc in your local area
 - Financial Information / Income Tax Services
 - Over the phone or 12 private, in-person counseling sessions in your local area. (Can utilize this service more than once for different issues) at NO COST



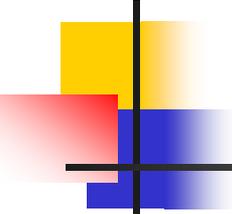
DoD Yellow Ribbon Reintegration Program

- All National Guard & Reserve components are required to hold Yellow Ribbon events & activities.
- Each event is held during the deployment cycle and will provide specific information on benefits, services, and resources that are available during and after deployment.



Yellow Ribbon Events

- Initial Meeting - 180 days prior to deployment for Unit's Command
- Pre-Mobilization (Family Day) 30 to 45 days prior to deployment for service members and Families
- During Mobilization (Sustainment Events) at 30 to 60 days after deployment for deployed Families
- Before Unit's Return (Reunion Event) at 300 to 330 days for deployed Families



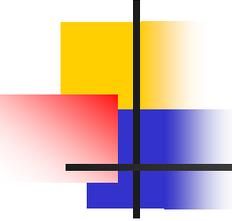
Yellow Ribbon Events

- 30 Day Reintegration Event after Unit's return from deployment for service members and their Families
- 60 Day Awareness and Well Being Event after Unit's return from deployment for service members and their Families
- 90 Day Post Deployment Health ReAssessment Event after unit's return from deployment for service members

Strong Bonds Workshops

(A Free Weekend Away)

- Unique programs for singles, married military couples and families
- Spouses placed on travel orders to cover mileage, lodging, food costs
- Service members can attend in drill status – unit determines
- Go to www.strongbonds.org for more information
- Email leah.j.braun@us.army.mil or call 605.737.6658 to register

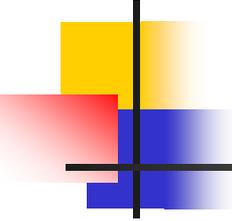


Strong Bonds For Families

Survival Skills for Healthy Families

22-23 January 2011 in Rapid City

- Survival Skills for Healthy Families is education for families, including children ages 6 and up
- Each session is organized around practical guidelines for healthy family interactions, which are demonstrated and then practiced with the participants.



Strong Bonds for Married Couples

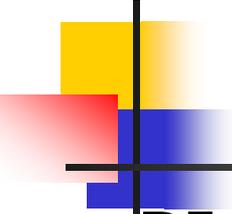
Laugh Your Way to a Better Marriage
and an Introduction to Financial Peace University

12-13 March 2011 in Sioux Falls

AND

6-7 August 2011 in Chamberlain

- “Laugh Your Way” author Mark Gungor’s candid and comedic approach uses unforgettable illustrations to teach proven principles that are guaranteed to strengthen any marriage. www.laughyourway.com
- Financial Peace University is a program authored by Dave Ramsey. Teaches you how to make the right decisions with your money. www.daveramsey.com/fpu/military/



Strong Bonds for Singles

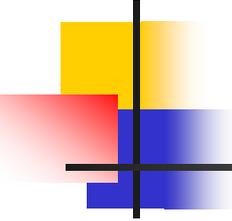
PICK - Premarital Interpersonal Choices and Knowledge
and an Introduction to Financial Peace University

12-13 March 2011 in Sioux Falls

AND

6-7 August 2011 in Chamberlain

- PICK, also known as How To Avoid Falling for a Jerk(ette), teaches a way to build a healthy relationship that keeps the head and heart working together. This program is for singles and singles-again of all ages. www.nojerks.com
- Financial Peace University is a program authored by Dave Ramsey. Teaches you how to make the right decisions with your money. www.daveramsey.com/fpu/military/



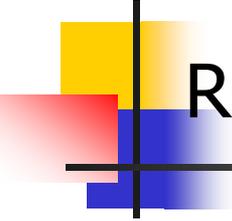
State Family Programs Office

<https://sdguard.ngb.army.mil>

familyprogram@sd.ngb.army.mil

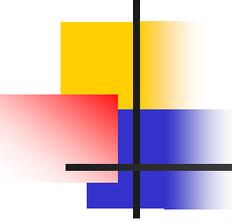
1-800-658-3930

- State Family Readiness Director - Lieutenant Colonel Bryan Jacobson
 - 605-737-6728 / 605-415-3131
 - State Youth Specialist – Taryn Broomfield
 - 605-737-6919 / 605-415-1807
 - State Youth Deployment Specialist – Candice Tvinnereim
 - 605-345-4621 ext 7353 / 605-787-3312
 - State Family Assistance (FA) – Rapid City – Michele Anderson
 - 1-800-658-3930 / 605-737-6079
 - Family Assistance (FA) – Brookings – Kim Chase
 - 1-866-597-0017 / 605-696-5416
 - Senior Family Readiness Support Assistant - Lynn Wright
 - 605-381-5761 / 605-737-6089
 - Program Analyst for Family Programs – DJ Pearson
 - 605-737-6086
- Chaplain Support – Lieutenant Colonel Lynn Wilson
605-737-6009



Resources Available – Information & Education

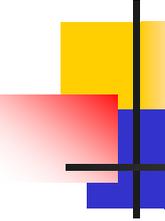
- **State National Guard Website**
- For current information on resources
 - Current dates and locations for Family Readiness Training
 - SD National Guard Youth and Teen Camps
 - Log onto <https://sdguard.ngb.army.mil> and go to the Family Readiness link – then training / workshops.



South Dakota National Guard Family Programs

- “FAMILY READINESS IS WHEN FAMILIES ARE PREPARED AND EQUIPPED with the skills and tools to successfully meet the challenges of military life.”

“Becoming Family Ready
and staying Family Strong”



South Dakota National Guard Family Programs

Questions

Thank You!

Call 1-800-658-3930 or
familyprogram@sd.ngb.army.mil

UPDATED 12/2010

South Dakota National Guard

"Mission First – Families Always"

State Family Programs Office